



# The Journal

Vol. 25

No. 27

[www.cnic.navy.mil/bethesda/](http://www.cnic.navy.mil/bethesda/)

July 18, 2013



Photo by Mass Communication Specialist 2nd Class Nathan Parde

In a beautiful ceremony held on the 4th of July, Wounded Warrior Caleb Hemmen and his bride, Jennifer Smith, tied the knot beside the healing fountain at Naval Support Activity Bethesda. Commanding Officer Capt. Frederick "Fritz" Kass gave the bride away.

## Marriage at the Healing Fountain

**By Mass Communication  
Specialist 2nd Class  
Nathan Parde  
NSAB Public Affairs  
staff writer**

Wounded Warrior Caleb Hemmen and his bride, Jennifer Smith, performed their marriage vows at Naval Support Activity Bethesda (NSAB) July 4.

NSAB Commanding Officer Frederick "Fritz" Kass gave away the bride in a beautiful afternoon ceremony be-

side the Healing Fountain, in front of Building 62.

"I was excited to have this event take place aboard NSAB and even more thrilled when I was given the opportunity to participate. It was a terrific ceremony," said Kass.

Caleb and Jennifer said they were first introduced through mutual friends (each of their best friends) and as they spent time together, they began to fall in love. When Caleb deployed to Afghanistan in early 2013, the couple discussed plans to be married after his deployment.

On June 3, Caleb's unit was hit by an improvised explosive device. He was flown to Germany to receive immediate care before coming to NSAB June 9 to start his recovery process. Caleb described the injuries he sustained from the blast.

"Shrapnel went in and collapsed my lung, and I got a ruptured pancreas, spleen and liver. I also got shrapnel in my shoulder and my foot," he said.

Caleb said his wedding was the 'silver lining' of his early return to the States.

"We wanted to be married when I

came back from deployment, and now I'm back early," he said. "We wanted it to be a small wedding, with just family and close friends. I think it's cool that other Soldiers in recovery could come out for the wedding too."

When she considered where to have their wedding, Jennifer had one place in mind.

"The fountain is my favorite spot on base," she said. "When we first got here a few weeks ago, I saw the foun-

See **MARRIAGE** page 10



# Message from the Commandant

Team NDW (Naval District Washington), as I assume duties as the 88th commandant of NDW I want to say thank you for the warm welcome you have given me and my family. I am truly looking forward to a memorable and productive assignment and I am looking forward to meeting you and seeing the wonderful work you do every day.



of you do every day that has earned NDW such an exceptional reputation throughout the CNIC enterprise.

As I take the helm, we are embarking on a journey full of uncertainty, but with that uncertainty comes great opportunity. Winston Churchill once said, "A pessimist sees dif-

ficulty in every opportunity, an optimist sees opportunity in every difficulty." I am optimistic about the future of NDW and what we can make it. So let's seize this moment, and use our collective imaginations to drive and shape our future. I am counting on each of you.

I am very much aware that Reduction in Force and furloughs and other impacts of reduced funding are very real concerns for you. I will make every effort to keep you up-to-date and ensure you have all of the latest information and tools available to assist you through this challenging time. I will be addressing those and other relevant issues in the future.

Finally, I urge you to take precautions and stay safe this summer. Your safety and well-being are my top priorities. Every single one of you plays a vital role in carrying out our mission and we need to ensure that you take every precaution to take care of yourselves and your families this vacation season. Let's enjoy the summer safely and take care of our workforce, Sailors, and Navy families to help make this summer and hurricane season mishap free.

Again, thank you for the warm welcome. Stay safe and keep charging.

**Rear Adm. Markham K. Rich**  
**Commandant, Naval District Washington**

It was a tremendous honor being selected to be the commandant of a region steeped in history. From Naval Air Station Patuxent River, which has been on the forefront of naval aviation research development test & evaluation since 1937, to NSF Dahlgren, which is named after John Dahlgren, the "Father of American naval ordnance," to the Washington Navy Yard, which is the Navy's oldest shore installation and a favorite destination of President Lincoln during the rigors of his presidency, this region has been a witness to the growth of the world's finest Navy from its early beginnings.

Today, the tradition of excellence continues at Naval Support Activity (NSA) Annapolis where the U.S. Naval academy trains and educates 4,000 midshipmen to be the Navy's future leaders, and at NSA Bethesda, which is home to the military's newest world-class medical treatment facility. It is the work that each

## Bethesda Notebook

### Prostate Cancer Support Group

The next meeting of the Prostate Cancer Support Group at Walter Reed Bethesda will be today from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room (next to the Prostate Center), on the 3rd floor. The group meets the third Thursday of every month and spouses and partners are invited. Military ID is required for base access. For those who don't have a military ID, call the Prostate Center at 301-319-2900, 48 hours prior to an event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil), or Vin McDonald at 703-643-2658 or [vpmjam@aol.com](mailto:vpmjam@aol.com).

### DAISY ceremony

Nominations for the next quarterly DAISY awards honoring Walter Reed Bethesda extraordinary nurses are due tomorrow. The next quarterly DAISY ceremony will be Aug. 15 at 10 a.m. in Memorial Auditorium. For more information, call Christina Ferguson at 301-319-4148 or Joan Loepker-Duncan at 301-319-4617.

### Pharmacy Hours

The Walter Reed National Military Medical Center Pharmacies are no longer open on Saturdays. The Arrowhead Pharmacy's hours are Monday through Friday, 8 a.m. to 7 p.m., and the America Pharmacy's hours are Monday through Friday, 7 a.m. to 6 p.m. The Drive-thru Refill Pickup Point is open Monday through Friday, 8 a.m. to 6 p.m. The Pharmacy will continue to provide 24/7 support for the Emergency Room and for all hospitalized patients. For questions about Pharmacy Services, call the Pharmacy Call Center at 301-295-2123.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Walter Reed National Military Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without re-



gard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md.

News copy should be submitted to the Public Affairs Office, Building 11, lower level, Room 41, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by telephoning 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

## Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Frederick (Fritz) Kass	WRNMMC Ombudsman	
	Julie Bondar	443-854-5167
Public Affairs Officer NSAB: Joseph Macri	NSAB Ombudsman	
Public Affairs Office NSAB: 301-295-1803	Jojo Lim Hector	703-901-6730
	Michelle Herrera	240-370-5421
<b>Journal Staff</b>		
Staff Writers	MC2 John Hamilton	
	MC3 Brandon Williams-Church	
	Sarah Marshall	
	Sharon Renee Taylor	
	Cat DeBinder	
	MASN April Beazer	
Managing Editor	MC2 Nathan Parde	
WRNMMC Editor	Bernard Little	
Walter Reed National Military Medical Center		
Office of Media Relations	301-295-5727	
Fleet And Family Support Center	301-319-4087	
	SARC Hotline	301-442-2053
<b>Visit us on Facebook:</b>		
Naval Support Activity Bethesda page: <a href="https://www.facebook.com/NSABethesda">https://www.facebook.com/NSABethesda</a>		
Walter Reed National Medical Center page: <a href="http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107">http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107</a>		
Uniformed Services University of the Health Sciences page: <a href="http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts">http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts</a>		

## From Cadets to Navy Medicine Careers

# Sailors from Same NJROTC Program Together Again at NSAB

By WRNMMC Public Affairs Office

"It's a small world," is a phrase often heard in the military as service members frequently encounter one another at various duty stations around the globe. But two Sailors at Walter Reed Bethesda are further proof that "the past is never far behind."

Commander Jason Darby, Walter Reed National Military Medical Center (WRNMMC) assistant chief of staff, and Master Chief Clinton A. Garrett Sr., command master chief of the Navy Medicine Professional Development Center (NMPDC) at Naval Support Activity Bethesda (NSAB), served in the same Navy Junior Reserve Officers' Training Corps (NJROTC) unit at Detroit's Murray-Wright High School during the early 1980s. Now the two are together again, but this time as Sailors at NSAB. Although they've served their country in uniform for more than 50 years of combined active duty service, NSAB is the first duty station where the commander and master chief have been assigned at the same base and time.

"It has been great to bump into Cmdr. Darby from time to time, and now to be stationed on the same base," Garrett said. "I thought he was here for an NMPDC course, and then learned he was stationed here."

"I am truly proud of [him]," Garrett said of Darby. "He is a family man, an officer and a gentleman. He is well respected, and I truly believe, he is flag-officer caliber, and better yet, with [his wife] Carol's love and support, flag-officer family caliber."

Darby expressed the similar respect for the master chief. "[He] is a great role model for America's sons and daughters, and the nation is lucky to have enjoyed his service for close to 30 years," the commander said. "I am very proud of Master Chief Garrett, as he is at the top of his pay grade in the Navy, and to see such success fosters great promise for [other] inner-city kids in Detroit."

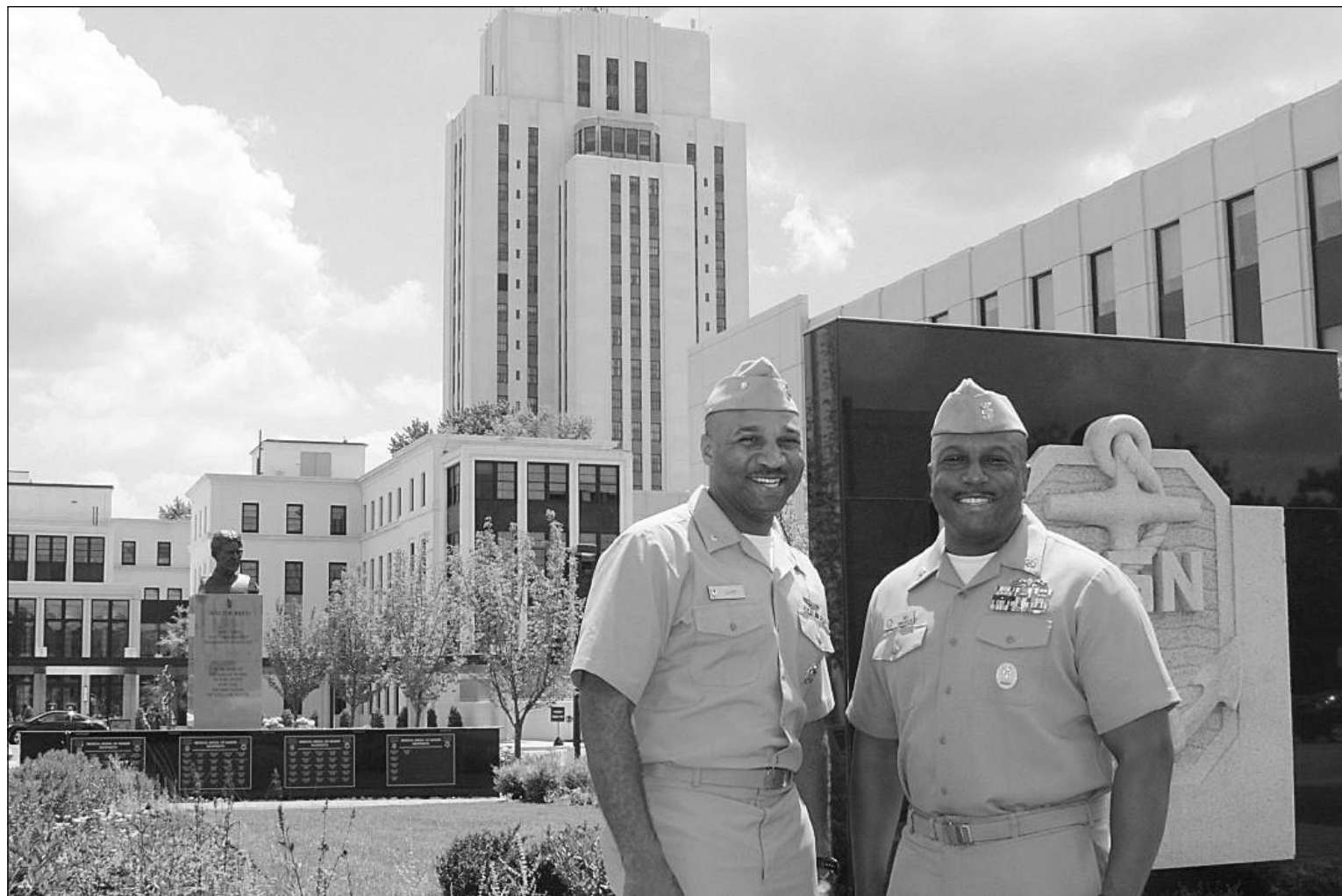


Photo by Bernard S. Little

**Cmdr. Jason Darby (left), Walter Reed National Military Medical Center assistant chief of staff, and Master Chief Clinton A. Garrett Sr., command master chief for the Navy Medicine Professional Development Center (NMPDC) at Naval Support Activity Bethesda (NSAB), were in the same Navy Junior Reserve Officers' Training Corps (NJROTC) unit at Detroit's Murray-Wright High School during the early 1980s, and are now both serving on NSAB.**

Darby and Garrett were officers in the NJROTC at Murray-Wright High School.

Garrett, who was two years ahead of Darby at the school, was a platoon and fancy drill team commander and Darby was the unit's brigade executive officer.

"He graduated high school with my older brother, and I graduated with his younger brother," Darby said, adding that being a part of Murray-Wright's NJROTC was beneficial in his career.

"Leadership and mini-boot camp training paid huge dividends, even today," Darby said. "Being under close scrutiny of the Naval Science instructors forces young people to do what's right, [and the] tangible benefits upon my entry into the Navy [was] the difference between E-1 and E-3 [pay], and real money and opportunity for me."

Garrett also praised the

benefits of the NJROTC program.

"The NJROTC mantra is 'Helping Today's Youth Meet Life's Challenges,'" the master chief explained. "The program's mission is to instill in students the values of citizenship, service to [the nation], personal responsibility and a sense of accomplishment."

"NJROTC fulfilled its mission and then some," he added, explaining the program's influence on himself and Darby. The NJROTC instructors for the two — retired Capt. Howard A. Konetchy, retired Chief Harry Reid, retired Chief Robert M. Joyner, and retired 1st Class Petty Officer Samuel Brogdon — "were inspirational to [our] career success and lives overall," Garrett said.

After graduating from Murray-Wright high school, where he also met his wife, Alexa, also a member of the NJROTC unit, Garrett

joined the Navy. He joked recently that most people don't keep close ties with their military recruiters, but 19 years after his Navy recruitment in 1984, he spoke at the retirement ceremony of his recruiter, Master Chief Norman Nash.

In addition to NSAB, Garrett, a hospital corpsman, has served two tours in the Middle East, is dual warfare qualified, and is a graduate of the National Defense University Keystone Course and Senior Enlisted Academy. He has also earned a master's degree in health care management, and is board certified in homeland security. He and his wife have two sons, one attending college and the other enlisting in the Navy.

Darby has been equally successful in his Navy career. The commander spent nine years as an enlisted hospital corpsman before being commissioned as an officer in 1998. He served tours in Bah-

rain; with the Joint Staff, U.S. European Command; and Chief of Naval Operations' staff, U.S. Africa Command.

He has also earned master's degrees from Webster University and the Naval War College. The commander and his wife, Carol, also a Detroit native, have a son who graduated from the U.S. Naval Academy in May and recently began naval aviation training in Pensacola, Fla., a son who's a high school senior, and two daughters, one in middle school and the other in elementary school.

"The Navy is known for its professional Sailors, both officers and enlisted; its core values of honor, courage and commitment; the Warrior ethos; and for establishing lifelong friendships and other collegial relationships that span both time and the globe," Garrett said.

For more information about the NJROTC program, visit [www.njrotc.navy.mil](http://www.njrotc.navy.mil).

# JTF CapMed Commander Discusses Way Ahead with Walter Reed Bethesda Staff

By Bernard S. Little  
WRNMMC Journal  
Staff Writer

“Yes, we’re in a competitive market, but we know what our patients want. We have to use that as a starting point,” said Joint Task Force National Capital Region Medical (JTF CapMed) commander/National Capital Region Medical Director, Rear Adm. (Dr.) Raquel Bono, during her first meeting with leadership staff at Walter Reed Bethesda on Tuesday since she assumed the JTF CapMed command on July 2.

During the town hall-style meeting, Bono, discussed a number of issues, including lessons learned from BRAC (Base Realignment and Closure).

As part of 2005 BRAC initiatives, the former Walter Reed Army Medical Center and National Naval Medical Center integrated to

form Walter Reed National Military Medical Center (WRNMMC) at Bethesda in September 2011, transforming the medical infrastructure in the National Capital Region (NCR). Malcolm Grow Medical Center at Andrews Air Force Base, Md., also became Malcolm Grow Medical Clinic and Surgery Center, closing its inpatient facilities and becoming a large same-day surgery center, and DeWitt Army Hospital, on Fort Belvoir, Va., expanded, becoming Fort Belvoir Community Hospital. All facilities are now parts of the integrated health care system under the JTF CapMed, providing world-class health care to the nation’s service members and their families. There are nearly 300,000 enrolled military beneficiaries who receive care within the NCR.

Bono described the NCR market as “very large” in comparison to the other health service markets.

She also said the JTF CapMed service area is broad. There’s tremendous competition for health care delivery within the region, the admiral added, but said JTF CapMed health care delivery team is “pretty competitive” in delivering the finest health care.

“There are a lot of challenges there, but the thing that’s exciting is, collectively, I see all of the experts here,” Bono continued. “You’re the ones who hear the patients; you’re the ones who know what patients are asking for; and you’re also the ones who know where the challenges are. You have a finger on the pulse of what’s happening around you. That information is valuable and very helpful in terms of deciding how we want to capitalize on the opportunities within the NCR. We have great opportunities to move forward, and I’m very open to your input.”

In discussing the way

ahead, Bono said the enhanced multi-Service markets (MSMs) offers “exciting opportunities to create new processes and explore new areas while testing new boundaries.” She said this must be done in a fiscally responsible manner. “Everybody has been feeling [the budget] pinch,” she added. “At the same time, health care has become an imperative for the American public.”

She explained the surgeon general of each military branch has committed to making multi-Service markets work. “Our senior leadership is engaged, and that’s going to be very important. The fact that we are turning this whole area into a medical market is another sign there’s a serious attempt to do something about how we [efficiently] deliver care, and we’re going to have to work across the aisle with our sister services. You guys have demonstrated that

over and over again, [and] now we have an opportunity to bring those lessons home to really achieve even greater [accomplishments].

“No doubt, we want to bring specialty care back [into NCR’s military medical treatment facilities],” Bono added. “No doubt we have a large tertiary population that would love to be able to have access to all of our facilities, especially on the heel of the tremendous work you’ve demonstrated with the care of wounded warriors and their families. Who wouldn’t want that?”

Responding to a question regarding appropriate staffing, Bono said, “We all recognize we want to have the right people in the right places doing the right thing. [That’s] daunting sometimes with the existing systems we have, whether we are talking about the military, GS

See AHEAD page 7

At ease.



Some choices are hard; this one is easy.  
You want your family to be safe and secure,  
and that’s what we do.

For 134 years, AAFMAA has helped service members and their families prepare for a secure future. The military life isn’t easy, but you can put your family at ease. Give them peace of mind. Give them the gift of financial security. Because they have more important things to worry about than money.

Level Term Life Insurance

Life Insurance Coverage	Monthly Premium	
	AAFMAA	SGLI
\$400,000	\$19	\$26
\$600,000	\$27	N/A

Breathe easy and  
experience the difference.

Call us now.  
1-877-398-2263  
www.aafmaa.com

Life Insurance  
Wealth Management  
Member Benefits

**AAFMAA**  
COMPASSION • TRUST • PROTECTION

American Armed Forces Mutual Aid Association, 102 Sheridan Ave, Fort Myer, VA 22211-1110  
The U.S. Government does not sanction, recommend or encourage the sale of this product.  
Subsidized life insurance may be available from the Federal Government.



# New Course Aims to Increase Access to Care

By Sharon Renee Taylor  
WRNMMC Journal  
staff writer

More than 75 Walter Reed Bethesda staff members representing 15 individual clinics participated in a new course designed to improve patient access to care.

Nurses, physicians and health system administrators learned how to maximize resources in order to increase availability of appointments and services to their patients during the three-day Clinic Optimization Course that began June 11.

Providing “the right appointment, at the right time, for the right patient,” is the goal of the course, according to Maj. Dalmar Jackson, chief, Department of Healthcare Operations at Walter Reed National Military Medical Center (WRNMMC). Jackson said the course empowers clinics with tools

See **COURSE** page 10



Photo by Sharon Renee Taylor

**Navy Lt. Cmdr. Maria L. Barefield, Assistant Chief of Occupational Therapy (center), and Front Desk Clerk Perla Martin (right) assist a service member at the front desk for the Department of Rehabilitation. Clinic team members participated in a new Clinic Optimization Course in June to increase patient access to care.**



**Mine was earned aboard  
USS HANCOCK. By my dad.**

Susan S., USAA member

**USAA Auto Insurance. Earned once.  
Cherished from generation to generation.**

At USAA, our commitment to serve the financial needs of military members, veterans who have honorably served and their families is without equal. In fact, families regard USAA Auto Insurance so highly, 95% of USAA members plan to remain with USAA for life.<sup>1</sup>

**Begin your legacy. Get a quote.**

[usaa.com/insurance](http://usaa.com/insurance) | 800-531-3550



<sup>1</sup>Based on 2011 Member Communications Trend Survey.

Use of the term “member” or “membership” does not convey any legal, eligibility or ownership rights. The term “honorably served” applies to officers and enlisted personnel who served on active duty, in the Selected Reserve or in the National Guard and have a discharge type of “Honorable.” Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Automobile insurance provided by United Services Automobile Association and its P&C affiliates. Each company has sole financial responsibility for its own products. © 2012 USAA. 139380-1012

# Fitness Center Offers Group Exercise Classes

**By Mass Communication Specialist 3rd Class  
Brandon Williams-Church  
NSAB Public Affairs  
staff writer**

The Building 17 Fitness Center offers active duty military and civilians more than 35 group fitness classes per week for different workout styles and fitness levels.

"Fifteen different format classes of strength, mind/body and cardio are designed for all degrees of fitness with options in each class to accommodate everybody," said Group Fitness Coordinator Devon Smith.

Service members can participate for free and anybody that is not active duty can purchase a spot in the class by either stopping at the front desk or buying a punch card. Rates are five dollars per class or four dollars with a punch card and the schedule for the month is posted in the Morale Welfare and Recreation Happenings newsletter.

Provided by fitness center employees and civilian instructors, these group classes supply daily activity and social interaction to separate you from the daily grind of work. Group fitness classes are pre-designed workouts that are done with music and a group of people, said Melissa Lott, Body Step and CXworx instructor.

"The main benefit of group fitness classes is that you have an instructor motivating you, watching you, pushing you, coaching you and keeping you safe with your form and technique," said Smith. "If you need some motivation it's a great thing to try because you are not alone. There is also the group dynamic where you tend to push yourself harder or stay true to your commitments to finish the class when you are with a bunch of people rather than in your living room."

The fitness center offers workouts developed by fitness guru Les Mills which include Body Pump, Body Flow, Body Jam, Body Combat, Body Attack and RPM.

Body Step, CXworx, Spin-



Photos by Mass Communication Specialist 3rd Class Brandon Williams-Church

**Dr. Nancy Solomon (left), assigned to the Audiology and Speech Center at Walter Reed Military Medical Center, participates in the Body Step class led by Melissa Lott (right) Monday.**

ning courses, Kangoo and the new Bootcamp are other courses offered.

"Body Pump is a combination of strength training and cardiovascular exercise," said Margaret Rogers, Body Pump instructor. "This class is a total body workout that improves muscle endurance, heart health, and core body strength."

"Kangoo is a class that uses spring-loaded boots that help reduce impact to help people with their joints," said Smith. "It's a cross between cardio and aerobics and the people that do it are pretty hooked on it. Body Flow is another popular class. It's a combination of yoga, tai chi and Pilates; some of the mind and body variety of classes. It's great for balance, strength and flexibility and good for stress relief."

The benefits of attending group fitness classes far outweigh the health risks of inactivity and sitting around all day, said Lott.

"Research has shown people are more motivated when exercising with music," said Lott. "Having people around pushing each other to help motivate each other is more than just being on your own. It's like you are being a little bit competitive. Some people primarily go for the social aspect because you are with your friends; you are having fun; it's not a chore. Also you have an instructor up front telling you how to do technique correctly and correcting you specifically when you need help; motivating you and pushing you. You will work a lot harder than on your own."

"The strength classes are



**Devon Smith, group fitness coordinator for Building 17's Fitness Center, leads the CXworx class Monday.**

good for benefiting bone density, injury prevention and improving metabolism. The cardio classes are great for cardiovascular health in improving the function of your heart and lungs.

"That in turn helps with improving blood pressure, making your cholesterol profile healthier which reduces the risk for heart disease. The mind and body classes help with injury prevention, balance, flexibility training and stress levels. All of the classes release the good hormones that help with mood stabilization and make you feel good."

With the varying styles of classes there is a possibility there is one that fits your fitness level and interest.

"If you try one format and you don't like it there is always something else,"

said Smith. "It's about finding what you like to do; it depends on your style. We have everything from athletic classes to dance classes. I would encourage people to just get out there and try a couple when they come out to the gym."

"The group fitness classes are fun and they will make you sweat," said Lott.

"You know you are going to get a quality workout every time. No matter who is teaching it, it is going to be a high-quality class, it's going to have great music and you make a lot of friends when you come here. You get to know the people that come all the time so you get to listen to music, hang out with people you like and have the feeling of moving to music - and you feel really good afterwards."



AHEAD

Continued from 4

or contracting.” She said there’s a need to explore if these systems are being utilized to their fullest extent to place the correct people with the appropriate skills sets in the right environment. “I know how extremely valuable everyone is, and everybody has something to offer.”

Concluding the discussion, Bono said “messaging, branding and communicating, both internally and externally, are important [in stating] who we are and what we do.” She encouraged the Walter Reed Bethesda staff to share with her their ideas for continuing to make the NCR a world-class leader in the delivery of health care to the nation’s heroes and their families.



Photo by Bernard S. Little

**Col. (Dr.) Thomas Burklow of the Department of Pediatrics at Walter Reed National Military Medical Center poses a question to Joint Task Force National Capital Region Medical (JTF CapMed) commander/National Capital Region Medical Director, Rear Adm. (Dr.) Raquel Bono, during her first meeting with leadership staff at Walter Reed Bethesda on Tuesday since she assumed the JTF CapMed command July 2.**

Opera Singers Provide Soothing Atmosphere for Walter Reed Bethesda



Photo Story by Master-at-Arms Seaman April Beazer

**The Wolf Trap Opera performs at Walter Reed Bethesda in the America Building Lobby July 11. Stages of Healing coordinated the event to bring the community together around a shared cultural experience.**



# Liberty Zone: A Place to Unwind

By Mass Communication Specialist 2nd Class John K. Hamilton  
NSAB Public Affairs staff writer

Need a break from the hectic workday? Well, you may be in luck. Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation has created the Liberty Zone, a special little corner of the world tucked away on the first floor of Building 11 where service members can unwind and put the stresses of the day behind them.

"The liberty zone is here as a recreational facility for all single service members E-1 through E-9 and all wounded warriors," said Edward McLean, recreational specialist/facility manager at MWR Bethesda. "It's a place for them to relax and get their minds off day-to-day operations. It's also a place to meet friends and socialize, and just watch movies and have a good time."

The Liberty Zone is stocked full of goodies meant to relax the service member which include: movies (many that are within a month of being released in theatres), video



Photo by Mass Communication Specialist 2nd Class John K. Hamilton

**Liberty Zone patrons unwind with a friendly game of basketball on one of two big screen TVs available to single service members.**

games and game consoles, two big screen TVs, a projector screen and plenty of comfortable seating.

Army Sgt. Jacob Owens, formally a combat engineer for 12 Bravo, is a wounded warrior who is receiving care at Walter Reed National Military Medical Center. While he's transitioning and looking to re-class

soon, he said he visits the Liberty Zone most every day of the week.

"[I come because of] the people that work here and the environment. We come here, hang out, play a few video games and watch movies," said Owens. "It's a great atmosphere. I guess they call it the Liberty Zone because it's an establishment intended for ages 18 and up and it's a chance to be ourselves outside of the uniform and hang out and have some morale time."

For those interested in a little more adventure, MWR offers trips and activities usually conducted on the weekends and during holidays that are little to no cost because of the relationship MWR has made with companies.

"First and foremost, you can't beat the price," said McLean. "If it's a liberty trip, it's free. If it is not a liberty

trip, most of the time our prices are more discounted than they would be if you go to the gate, amusement park or game.

"Each month, we have various activities depending on the type of trips we're going on. [Some of] our upcoming trips include Water Country USA [scheduled for] July 27 and down the line we have a couple of racing trips to Poconos, Richmond and Delaware. We are also looking forward to going to Cedar Point this year and a return trip to Richmond Motor Speedway for the Richmond 400."

The dedicated professionals at MWR and the Liberty Zone always have two goals in mind for visiting service members - to relax and have a good time.

"The best part of my job is meeting people," said McLean. "I was born in the Silver Spring area and I've been here most of life, but I get a chance to meet new people from all the different states and all across the world. We all have a common goal - we're here to have a good time. We all get a chance to share our stories and experiences and help each other improve."

For more information on upcoming trips or to relax and have a good time, stop by the Liberty Zone. For more information or to sign up for trips, contact one of the following MWR staff members - Edward McLean at 301-295-4727; John Raucherst, program manager, at 301-319-7810; or Derrick Tanner, trip coordinator, at 301-295-4727. Liberty zone hours are from 9 a.m. to 10 p.m. Monday through Friday, Saturday until 11 p.m. and Sunday closes at 8 p.m.



## BUSINESS LOANS

SMALL MEDIUM LARGE

Friendly, Professional Guidance from Application to Closing


**EAGLEBANK**  
Relationships F-I-R-S-T

EILEEN ASCHER | EASCHER@EAGLEBANKCORP.COM | 240-497-1787  
MARYLAND | WASHINGTON, DC | VIRGINIA | WWW.EAGLEBANKCORP.COM  
01040194



Go to  
**www.DCMilitary.com**





I SERVE MY COUNTRY.  
I AM RESPONSIBLE FOR  
EQUIPMENT WORTH  
MILLIONS OF DOLLARS.  
BUT IN THE CIVILIAN WORLD,  
FINDING A GOOD LENDER WAS  
CHALLENGING. I WAS FINALLY  
ABLE TO GET A CREDIT CARD FOR  
EMERGENCIES AND A RELIABLE CAR  
FOR CROSS-COUNTRY TRIPS HOME.  
I'M A NAVY FEDERAL MEMBER.



ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
DoD

**#WESERVE**  
navyfederal.org 1.888.842.6328

Federally insured by NCUA. Image used for representational purposes only; does not imply government endorsement. © 2013 Navy Federal NFCU 12617\_airforce (6-13)





# COURSE

Continued from 5

that can assist in managing their templates and schedules.

Chisun S. Chun, deputy commander for health-care operations and strategic planning explained why the new course is important for Walter Reed Bethesda.

“We provide excellent healthcare at Walter Reed Bethesda, but we want to be as efficient as we can and ensure that we make the most of our clinicians’ time and talent in the delivery of that care,” Chun said. “Our clinic teams must adeptly manage appointment templates, respond to referral requests promptly, and become more knowledgeable about the established business rules that guide clinic operations and impact the success of Walter Reed Bethesda. All of these are addressed in the Clinic Optimization Course.”

The three-day course offered 10 common core elements and 10 military treatment facility-specific training. The “common core” classes cover topics such as template and schedule management, military health system (MHS), and the Integrated Referral Management and Appointing Center (IRMAC).

Jackson explained officials at WRNMMC, Fort Belvoir Community Hospital, and several of the smaller military treatment facilities (MTFs) within the National Capital Area agreed on the “common core” instruction and will utilize the same process and lesson slides to teach those elements of the course at their respective MTF. He said MTFs that don’t offer their own may send

staff members to attend the WRNMMC course. “As our organization moves toward an integrated delivery system, it is important that our clinic staff is aware of what they can do to increase access to our facility,” Jackson said.

The goal is to have clinics attend by teams comprised of the clinic chief, clinic administrator, manager and front desk clerk, he said. Eleven Walter Reed Bethesda clinic teams attended the June class.

The last day of the Clinic Optimization Course provided clinic teams with the opportunity to demonstrate their knowledge of the content taught throughout the course and apply it to their clinic.

Members on the Board of Deputies (BoD) listened and dialogued with team members as each presented their action plan for their clinic. Chun said the BoD members appreciated how well the teams understood the impact of appointment availability for patients. “It’s an important priority for the command,” she said.

Holly Burrows, chief of the Audiology Clinic, and Maj. Teresa E. Yabar, the division officer representing the General Surgery Clinic, participated in the new course. Both said they appreciated the opportunity to interact with teams from other departments. Although they represented different disciplines and services, Burrows said they all recognized they were working for a similar goal.

“It reinforced to me that there are a lot of quality individuals all striving to provide the best care for our service members, their families, and to support the mission of WRNMMC,” she explained. Burrows said the course helped their clinic re-evaluate and fine tune processes to ensure their

success in an access to care pilot program. Chief of Occupational Therapy Lt. Col. Matthew St. Laurent said he was grateful for the course which offered training and support on data management for staff members on the clinical side of the house.

“Data is not just quantity, numbers, percentages, but rather quality, a story behind the numbers, a plethora of issues that are often times very difficult to fix,” St. Laurent explained. He said the best part of the course was the opportunity to dialogue, collaborate and ask questions to the experts so both sides could understand each other to find best solutions.

“Because of the course, we are all now speaking the same language,” St. Laurent said. Yabar added that the course offered face-to-face contact with support staff that make-up the business team. “This new relationship made a difference,” Yabar said. “This is definitely a ‘must-go-to course.’”

Course organizers received enthusiastic reviews from participants in the June course, according to Chun. “We encourage early registration for the Aug. 20-22 course for guaranteed enrollment,” she said.

Online registration for the next offering of the course began this week. Tentative plans include presenting the course at WRNMMC quarterly. Contact Aaron Heinrichs, chief of Business Decision Support, at [Aaron.L.Heinrichs.civ@health.mil](mailto:Aaron.L.Heinrichs.civ@health.mil) for more information. To register online: click on ‘Useful Links’, select ‘G-L’, and click on ‘Healthcare Business Reports’, for a sign-up link to the Clinic Optimization Course.

# MARRIAGE

Continued from 1

tain and said, ‘This would be a really good place to have a wedding.’ It’s funny because these past few weeks, I’ve been pruning the buds off the rose bushes because our favorite flower is the yellow rose.”

From there, everything just seemed to fall in place. But, there was one complication, said Jennifer.

“My mom is an ordained minister, and she was going to perform the ceremony. But, since she is Texas, she couldn’t be here. So, we used Skype to include her in the ceremony, and to administer the vows. It was different - I’ve never seen it done before - but it was neat.”

Jennifer, who is a nonmedical assistant and assists in Caleb’s care, said the recovery process has actually brought them closer.

“I take care of him and make sure he gets to all of his appointments on time,” she said. “He’s a good patient. He listens to me, and I’m a surgical technologist, so I have a lot of medical knowledge that has come into play.”

Caleb said his recovery process would not be possible without the support of his wife.

“It has been awesome, having her here. There’s no way I could do the recovery process without her.”

Following the ceremony, Jennifer said that she’ll always remember her wedding day, and she hopes that others will too.

“It was a very special day - a whole lot more than I expected,” she said. “I hope that our story can inspire other people. You know, no matter how hard life gets, something good can always come out of it.”



## Professional Services

Call **301-670-7106**

Clinical Research

Clinical Research

Legal Services

Legal Services



## Volunteers needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Rockville MD office.

Donations occur at our Bethesda and Germantown, MD offices by board certified physicians. Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

AD-Bone Marrow 12/08

For more information, or to schedule an appointment:  
Toll free: (888) 926-9211  
Email: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)

**Lonza**

### The Burch Law Firm, LLC



Larry Burch former Navy Jag

- \* Military Law
- \* Security Clearance
- \* Family Law
- \* Child Custody/Support
- \* Auto Accidents

**MILITARY DISCOUNT**

**301-474-4468**

“Helping the People who Serve and their Families.”

CALL FOR AN INITIAL CONSULTATION  
[WWW.BURCHLAWFIRM.LLC.COM](http://WWW.BURCHLAWFIRM.LLC.COM)

Reach over 125,000 military personnel, their families.  
Advertise Your Professional Service Here  
Call 301.670.7106





# Classifieds

Call **301-670-2503**

Houses for Sale Montgomery County	Shared Housing	Full Time Help Wanted	Full Time Help Wanted	Full Time Help Wanted	Full Time Help Wanted	Full Time Help Wanted	Full Time Help Wanted
--------------------------------------	----------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

**WHEATON:** 3BR 1.5BA SFH, brick, hardwd flrs, new windows, basement, large backyard, near all schools. \$269,900. Call 937-830-3000

**BETH:** Nr WR Nat Med Ctr/NIH & bus! Furn 2 Rm Suite/SFH, priv entr & Ba, shr kit/laun, NS, must love cats, \$900 incl utils, TV, Int (30 day lease avl) 301-263-1326 (eve) Avl immed

**Houses for Rent  
Anne Arundel County**

**PASADENA** - Waterfront furni cottage, 1Br/1Ba. Perfect for one person! 15mi from USNA. Avl Sept 1st. \$1300/mo + util 410-255-1565 or 410-303-8880

**Business  
Opportunities**

**Increase Your Monthly Cash-Flow** Immediately Increase Your Monthly Cash-Flow Immediately Why you should own a Home Based Business: Build Business In-come - Part Time or Full time Minimize Taxes- State & Federal Debt Elimination Wealth Creation To hear/see a 30 minute webinar visit: [www.occupywealthstreet.com](http://www.occupywealthstreet.com) For fol-low-up Ques-tions or to Enroll Contact: Shirley Dorsey at 301-481-0808 or 301-884-2584 Website: [www.t-wo41.mye-con.net](http://www.t-wo41.mye-con.net) Ask me How to get a 44% discount (Limited time offer) Independent Associate of myEcon, Inc

**Healthcare**

**Dental/  
Medical  
Assistant  
Trainees  
Needed Now**  
Dental/Medical Offi-ces now hiring. No experience? Job Training & Placement Assistance Available **1-877-234-7706** CTO SCHEV

**Pharmacy/  
Phlebotomy  
Tech Trainees  
Needed Now**  
Pharmacies/ hospi-tals now hiring. No experience? Job Training & Placement Assistance Available **1-877-240-4524** CTO SCHEV

Sales  
Comprint Military Publications

## Advertising Sales Representative

Comprint Military Publications publishes 8 newspapers each week and the only website dedicated to the military in the DC region is looking for energetic, organized, computer savvy sales representatives to sell advertising into military newspapers and online. Job requires previous in-field and telephone sales experience; prefer military veteran or military spouse with BA degrees. Must be customer service oriented and consultative seller. Candidates must be able to create ads for customers and work well under weekly deadlines and pressures of meeting sales goals. Prefer candidates with experience. Sales territory located in Northern VA, headquarters in Gaithersburg, MD; telecommuting allowed 3 days per week (Mondays/Wednesdays/Fridays).

If interested and qualified, please send resume and cover letter with salary requirements to [jrives@dcmmilitary.com](mailto:jrives@dcmmilitary.com)

We offer a competitive compensation, commission and incentives, comprehensive benefits package including medical, dental, pension, 401(k) and tuition reimbursement. EOE.

Healthcare

## GNA's

Skilled Nursing Facility in search of Full-Time GNA's for 7-3 and 3-11 shifts and Part-Time/On-Call positions on all shifts. **Apply in person and take the pre-employment exam** at 1235 Potomac Valley Road, Rockville, MD 20850 EOE.

## Reporter for Military Newspaper

Comprint Military Publications has an immediate opening for a full-time, general assignment reporter at Walter Reed Bethesda location. Excellent writing skills a must. AP Style experience. Ability to take direction and interview individuals for stories and learn military jargon important. Must be able to use a digital camera and take simple photos to accompany stories. College degree in journalism or English preferred. **E-mail resume and writing samples to: [mminar@dcmmilitary.com](mailto:mminar@dcmmilitary.com)**

We offer a competitive compensation and comprehensive benefits package including medical, dental, pension, 401(k) and tuition reimbursement.

EOE.

**To Advertise  
Call Us  
Today  
301.670.2503**

**Go online to  
[www.DCMilitaryBuyandSell.com](http://www.DCMilitaryBuyandSell.com) to  
place your web ad for FREE\* or call us  
at 301-670-2503 to place your ad in print.**  
\*Free categories limited. See online for details.



**Comprint  
Military  
Publications**

We can make it happen!  
Let us help you find the right candidate, recruiting can be simple!  
Maryland, Virginia, Washington DC, we have you covered!  
Call us today 301-670-2500







**EuroMotorcars**  
BETHESDA • GERMANTOWN



DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



EuroMotorcars Bethesda

Randy Merry and Jim Pratt, New Car Sales Managers  
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers  
888.250.2987

EuroBethesda.com

7020 Arlington Road, Bethesda, MD 20814

EuroMotorcars Germantown

Scott Weber, New Car Sales Manager  
Abdul Razak, Pre-Owned Sales Manager  
866.259.3915

EuroGermantown.com

19750 Germantown Road, Germantown, MD 20874

Read  
**The Journal**  
On Your Tablet or  
Smart Phone!

**DOWNLOAD THE DC  
MILITARY APP TODAY!\***



\* App for iPhone & iPads and Android Devices